

After work or in between clients, take a pause and notice five things you can see around you, four things you can feel, like your clothing on your skin, three things you can hear, two things you can smell and one thing you can taste. This can ground you in the present moment and can interrupt overwhelming emotions.

Pause and Notice



5 Things You See Around You



4 Things You Can Feel



3 Things You Can Hear



2 Things You Can Smell



1 Thing You Can Taste